

COMMUNITY UPDATE: PUTTING PREVENTION INTO PRACTICE

WHAT'S NEW AT OBFMC ?

Olive Branch Family Medical Center is a dream of Dr. Randall T. Huling which became a reality on August 1, 2003. Although this office and Dr. Huling has been a part of the community for many years, we consider ourselves the new kid on the block. The outside of our building has not changed, but our approach and philosophy to patient care is emphasized in our treatment of patients from the time you enter the building to the time you check out. We have adopted as our motto: Caring, Compassion and Commitment to the community. Our doors are now open Monday through

Friday 8:00 am to 7:00 pm and Saturdays 8:00 am to 12:00 noon. We encourage appointments but welcome walk-ins. Our goal is to provide the best care in a timely fashion. Our staff is competent and eager to make your visit here as pleasant as possible.

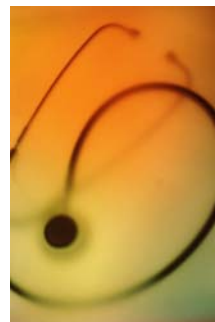
Since the providers here at OBFMC are family practitioners, we provide services for all age ranges, 1 month to 100+ years of age. There is a in house laboratory and radiography as well as bone density scan and flex sigmoidoscopy.

The facility also handles industrial clients for workman compensation injuries,

pre-employment and DOT physicals.

Our research department has ongoing clinical trials for new medications that are being developed. We encourage patients and the public to participate.

Whether you come in for routine follow up or an acute visit, you will be treated by a professional, trained and friendly staff.



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UPCOMING EVENTS

As part of the services we are providing the community, there are monthly interactive workshops we host for our patients, their families and friends on various topics. We invite you to attend any or all upcoming

events.

*Long Term Care May 4,2004

*Fiscal Fitness- Financial Planning June 8, 2004

*Family Health Day—free health screening

Special points of interest:

- Seminars for the public
- Health Fair
- Patient Education
- Workman comp injuries
- DOT physicals
- Research

DIABETES: TYPE 2

Type 2 diabetes occurs because the body does not make enough insulin or use the insulin it makes effectively, thus affecting the level of sugar in the blood. Elevated blood sugar can lead to many complications that are frequently seen in diabetics;

- Retinopathy leading to blindness
- Cardiovascular accidents such as heart attacks and strokes
- Nephropathy leading to kidney failure and dialysis
- Neuropathy leading to decrease sensation in legs and feet
- Infections which can lead to limb amputations most commonly legs

Who is affected?

The highest incidence are among certain ethnic groups including:

- African Americans
- Hispanics
- Native Americans
-

In the past, type 2 diabetes has most commonly occurred in individuals over age 40, but the last several years, more cases of diabetes have been diagnosed in overweight children and adolescents.



What are some symptoms?

- Increased urination
- Increased thirst
- Increased appetite
- Weight gain or loss
- Blurred vision
- Fatigue
- Recurrent infections i.e. skin, vaginal
- Slowly healing sores
- Numbness/tingling/burning of the skin

In many cases there are no symptoms. Diagnosis occurs during routine physicals that include laboratory tests.

DIAGNOSIS AND TREATMENT

Your health care provider can sample your blood and measure your glucose level either morning fasting (before breakfast) or 2 hours after eating.

sugar consumption in your diet and exercising to improve blood circulation and the uptake of sugar into the muscles help to control diabetes. In some cases proper diet and exercise alone is

sugar levels, however in other cases adding medication to a proper diet and exercise program is required to maintain normal levels of sugar in the blood. Your provider may prescribe oral medication and/or insulin shots to achieve this.

HOW IS IT TREATED ?

Diet and exercise play key roles in the management and treatment of diabetes. Limiting the calories and

What can I do to prevent type 2 diabetes from happening to me...?

adequate treatment to maintain normal blood

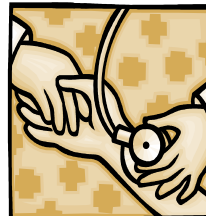
Learn to make healthy choices when eating, eating on a regular schedule avoiding compulsive eating and making exercise a regular part of your daily lifestyle can help prevent the development

IMPORTANCE OF REGULAR OFFICE VISITS

Regular office visits are important to monitor if the treatment you are receiving is effective. You health care provider will routinely check blood work to follow your progress. One important test that is done is called hemoglobin A-1-C. This test gives your average blood sugar over a 3 month period of time. The recommendation by the American Diabetic Academy is < 7% (a non-diabetic is less than 6%). Medications

are adjusted based on this value.

It is also important to be seen routinely by your health care provider in order to coordinate care by other specialists such as annual eye exams and foot care.



There are many resources that provide information about diabetes and educa-

tion. Such as web site, organizations, and health care providers.

Here at Olive Branch Family Medical Center we have a diabetic educator who can answer any questions, explain in detail about the disease process, and demonstrate the use of in home glucose monitor.

INDUSTRIAL MEDICINE

Physicians and Medical Professionals at Olive Branch Family Medical Center provide a comprehensive range of services to business and industry in our community. These services include treatment of on-the-job injuries, drug screening and employment physicals.

Quality medical treatment is the primary goal of our company. In the facility services include diagnostic x-ray and laboratory. Specially equipped trauma rooms allow for splint application/removal, suturing, ocular trauma and routine treatment of injury.

Drug and alcohol abuse constitute a significant problem in the workplace, contributing to impaired productivity



and job performance, increased accidents and injuries, violation of security, theft company property and diminished employee morale. Here at OBFMC, we have certified collector and breath alcohol techs to handle any of your company's drug screening needs.

Company physicals, drug screen and job injuries can be handled on a walk-in basis with no appointment and limited wait time.

WHAT ARE YOUR COMPANY'S NEEDS?

- Pre-employment, Random or Post accident Drug Screens done by DOT certified collector
- Results within minutes with rapid screens done in the clinic or onsite which ever you prefer
- Supervisors need *Reasonable Suspicion Training*, we can set up a class
- DOT physicals and Pre-employment physicals done by a trained staff
- Separate industrial waiting room and entrance for fast service and quick return to work

If these are some or all of your needs, contact the industrial department at 662-893-8479 or email us at *bwilson@OBFMC.com* to set up a visit of the facility.



DESOTO RESEARCH CENTER

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A division of Olive Branch Family Medical Center dedicated to bringing cutting edge health care and advances in medical treatments to our community. Dr. Huling and his staff have been conducting clinical research for 6 years and have over 45 years or combined experience in conducting clinical trials. Dr. Huling is one of the few physicians in the country who is certified as a Clinical Research Investigator and is sought after by other physicians wanting to gain experience in the field.

Currently we are seeking participants for the following trials:

- Heart Disease Prevention
Men>55; Women>65 without history of heart disease
- Prostate Cancer Prevention
Men>50 with no history of prostate cancer
- Stress Urinary Incontinence
Women>18 with urinary leakage with coughing, laughing or exercising
- Mens Health Study
Men>18 who are currently in a stable, heterosexual relationship for past 6 months

Upcoming Clinical Trials:

- Irritable Bowel Syndrome
- Elevated Cholesterol
- Osteoporosis Prevention
- Diabetes
- Dyspepsia

Some benefits of participating include:

- FREE study related medication
- FREE study related examinations
- FREE study related laboratory tests
- Compensation for time and travel

If you or anyone you know would like more information about our clinical trials, please call our research office at (662)893-847(662) 893-8462 or (901)521-6278 ext 3234



***Care, Compassion
&
Commitment
to the Community***



Free Diabetic Screening

Bring this coupon into the office and we will screen you for diabetes.

Testing involves a simple finger stick and results are available immediately

You can come fasting (no food or drink for 8 hours prior)

-OR-

2 hours after a meal